



2002-2003
Annual Report

Catawba County Adolescent Health Partnership
Catawba County Health Department
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Executive Summary

Totally Teens Health Center is considered a School-Linked Health Center (SLHC), and as such, is a primary health center located off school campus at the Catawba County Health Department. We serve multiple schools and school systems.

This annual report is a statistical and narrative description of the operations of the Catawba County Health Department (CCHD) School-Linked Health Center program. This SLHC is a component of the Adolescent Health Program of CCHD and, as a partnership between the CCHD and Catawba Pediatrics Associates, PA, is named the Catawba County Adolescent Health Care Project (CAHCP). We serve 9 middle schools, 8 high schools, 1 private school, many home-schooled adolescents, as well as college students from Catawba Valley Community College and Lenoir Rhyne College and many non-student adolescents. The program operates in coordination with three school districts, which include Hickory City, Newton-Conover, and Catawba County schools. Data included within this report will have been collected between July 1, 2002 and June 30, 2003. Three year cumulative data will be included for comparison. Below are some highlights:

- Total SLHC clinic users during 2002-2003: 513
- Total SLHC clinic visits during 2002-2003: 1096
- 22% of all visits involved primarily wellness promotion
- 38% of clinic users were racial and 10% ethnic minority students

School District	School Level	School Name
Hickory City	Middle School	Grandview Middle Northview Middle
	High School	Hickory High School Catawba Valley High School
Newton-Conover	Middle School	Newton-Conover Middle
	High School	Newton-Conover High School
Catawba County	Middle School	Arndt Middle Catawba Intermediate Jacobs Fork Middle Mill Creek Middle Riverbend Middle Tuttle Middle
	High School	Bandys High School Bunker Hill High School Fred T Foard High School Maiden High School St. Stephens High School SEED Program

The History of School Based Health Care

Background:

Many adolescents in North Carolina do not get the health care they need. They often live in an area with few health care providers; cannot take time off from school nor can their parents take time off from work; lack money and/or transportation, and/or do not know how to access the health care system. Studies show that a large number of young people engage in behaviors that place them at risk for disease and injury. Risk-taking behaviors, if left unaddressed, can be life threatening. The greatest opportunity for improving the health status of North Carolina's adolescents lies in the early identification of health problems and the ongoing treatment and prevention of disease and injury.

School-Based and School-Linked Health Centers (SB/SLHCs) increase adolescents' access to health care by locating services at easily accessible sites and encouraging them to take personal responsibility for their own health care. Increased availability of health care has been shown to reduce health-related absenteeism and to decrease school dropout rates among health center users.

In North Carolina:

Making the Grade in North Carolina is one organization within our state (NCDHHS-Children and Youth Section) that is helping to bring state and local partnerships together in establishing and maintaining school-based and school-linked health centers. They began, through the Department of Public Health, providing limited grant funding for school-based health centers. Our C.A.R.E. Center at Catawba Valley High School started in 1994 with a large Comprehensive Adolescent Health Care Project grant and was one of 25 new school-based health centers funded in the state that year. These health centers were developed through local community collaboration, spurred by the vision of parents, educators, and health providers to improve the health and educational status of North Carolina's children and youth. In the year 2000, the total number of SBHC's in North Carolina was 41. Sixteen of those were in high schools, 23 in middle schools, 1 in an elementary school, and 1 in an alternative school (Catawba Valley High School, Hickory, NC!)

School-Based and School-Linked Health Centers: A National View

- The first SBHC was established in Dallas, TX in 1970. In 1985, a national survey showed that 33 centers were in operation. As of 1994, the number had risen to 607 sites in 41 states plus the District of Columbia and by 2000 the number was nearly 1,400 in 45 states and the District of Columbia.
- The vast majority of health centers are at school-based sites and serve, almost equally, high schools and elementary schools. They can also be found in middle schools, K-12 schools, and other types of schools.
- School-linked health centers are located off school grounds and usually have a formal relationship with at least one school; Campus-linked health centers are located on school grounds and often serve youth from that school as well as at least one neighboring school.
- There are many organizations that have released reports and statements affirming the unique potential of SBHC/SLHCs to address the unmet health needs of adolescents, including the American Medical Association and the National Association of State Boards of Education.

Building The Adolescent Health Partnership

SPONSORS: Barry Blick, MPH
Kenneth Bates, M.D.

Director-Catawba County Health Department
Physician-Catawba Pediatrics Associates

MANAGER: Jennifer McCracken RN, BSN

Children's Services Supervisor-
Catawba County Health Department

10/04/99: Final Draft

Historical Note:

In late summer/fall of 1998, the Catawba County Health Department presented a report entitled, *Catawba County Child Health Data Analysis*, which objectively reviewed and analyzed data in regards to the child health trends and available health services for children in Catawba County.

Beginning in November 1998, the CCHD and CPA met regularly discussing the possible ways of working more cooperatively while making a significant impact in the health status of children in Catawba County. It took only a couple of meetings to agree that a focus should be on the gaps in adolescent preventive care. By combining the strengths of private clinical and public health practice, joint efforts can increase the numbers of adolescents receiving preventive care and enhance the services available to adolescents and their families.

The Catawba County Health Department in association with Catawba Pediatrics Associates proposed to develop an aggressive, innovative plan for closing this gap in care named the:

Catawba County Adolescent Health Partnership.

The conceptual model of the Catawba County Adolescent Health Partnership was one that envisioned Catawba Pediatrics Associates and the Catawba County Health Department being at the center of a local network of care involving all providers of health care and ancillary services that maximizes the health and well being of adolescents. The network would serve to effectively target and efficiently serve adolescents that are not likely to have access to preventive and acute care. The focus of this partnership was one of increasing the capacity of the CCHD and CPA to provide preventive and primary health care to Medicaid adolescents ages 13-21 and to those adolescents not currently receiving preventive and primary health care. The partnership would also provide comprehensive services that are developmentally relevant to adolescents and their parents by improving the organization of and developing new resources that serve to meet the health needs of adolescents.

There were many challenges facing this partnership. The priorities of today's adolescents do not include preventive health care. The first and foremost challenge was getting the adolescent and parent/guardian to value these services enough so that their participation would be likely.

Project Description:

The mission of the Catawba County Health Department is to protect and promote the health status of the citizens who live in this county by assessing the needs of the population and assuring care and services when no other sponsor is available or willing to do the job. The Catawba County Adolescent Health Partnership (CCAHP) has emerged as a coordinated effort involving the Health Department and private pediatricians affiliated with the Catawba Pediatrics Associates in order to meet the health needs of adolescents with Medicaid, Health Choice, and inaccessibility to health care in Catawba County. It

identifies and refers adolescents who are not currently receiving health services to a proper resource for care. The need for such a program exists because even with the wealth of resources at the disposal of Catawba County residents, surprisingly few Medicaid eligible as well as other children have been accessing preventive medical care, opting instead for curative care provided through hospital emergency rooms, which have in many cases become the Primary Care Physician. This treatment comes at a great cost and lacks the ability to instruct and develop the healthy behaviors required to prevent disease and promote wellness among our children.

Vision Statement: Adolescents served by the Partnership will attain a "*healthier tomorrow*."

Goals:

- Educate the community about the gaps in adolescent care and the importance and benefits of preventive health care.
- Identify adolescents who are not currently receiving timely and adequate health services and refer these youngsters to a proper resource for care.
- Provide adolescents and their families with competent, developmentally relevant services.

Project Implementation:

The CCAHP began accepting appointments for clinical services on August 9, 1999. The grand opening event of the clinic occurred on November 22, 1999.

The Totally Teens Health Center (TTHC) is open year-round Monday through Friday from 8:00 am to 5:00 pm as a School Linked Health Center. The TTHC also has a School Based site at Catawba Valley High School, an alternative school serving middle and high school students, and operates every Tuesday morning during the school year. All school based health center students have access to the Totally Teens Health Center (School-Linked site) if they choose to present at that location. A receptionist, medical office assistant, charge nurse, and physician extender staff the TTHC. In order to ensure maximization of CCHD wrap-around services to provide continuity of care, TTHC staff partnered with other Public Health clinics to strengthen and streamline services.

In the fall of 1999, the TTHC received an expansion grant, enabling the Health Center to form unique partnerships to provide innovative services in the areas of Mental Health and Nutritional Counseling. A partnership was formed with Public Health's WIC Department to provide nutritional counseling services by utilizing a Registered Dietician (RD) from WIC. The RD is available by appointment and addresses issues such as weight management, nutritional guidance, and eating disorders such as anorexia and bulimia. A partnership was also formed with Mental Health in order to provide a counselor to be available by appointment to provide alcohol and drug counseling, and individual, family, and group counseling.

Realizing that strong partnerships are a benchmark of success, TTHC formed an Advisory Board that meets on a quarterly basis. The Advisory Board, consisting of a broad base of community organizations, provides input into center operations, makes recommendations for future planning based on local data and needs, assists in identifying funding and partnering opportunities, and advocates for the students enrolled in the center. Examples of TTHC growth through Advisory Board support include: TTHC negotiated free Mental Health consultation services, a partnership was formed with a team from the Department of Social Services to provide health education and information to an at-risk group of adolescents, and school counselors received an in-service regarding TTHC services leading to an increased number of referrals to TTHC.

Service Delivery

The Catawba County Health Department and Catawba Pediatrics Associates both retain oversight and decision making about the health center. The CCHD hires, trains, supervises, employs and/or contracts with the staff working in the center. In addition, the CCHD is the fiscal agent and oversees the revenues and expenditures as well as completing and submitting contracts to all funding sources. Catawba Pediatrics Associates, provide medical back-up nights, weekends, and holidays for both centers through their own practice nurse or *Nurse On Call* phone triage system that picks up after 8:00 pm and connects the caller to a medical doctor from the practice if necessary. Patients are advised of the 24 hour/365 day access at the time they are enrolled in the center.

Available clinic services include:

Health Assessments, including diagnosis and management of acute illness and injury, Physical Examinations including Sports and Job Physicals, personal health appraisals, dental referrals, and Health Check;

Health Screenings, including blood pressure, height/weight, vision, hearing, and Body Mass Index;

Laboratory Screenings, including urinalysis, blood sugar, TB skin testing, Pregnancy testing, strep testing, hematocrit/hemoglobin, pap smear, STD testing, and other blood tests as indicated;

Immunizations, including Tetanus (Td) Boosters, MMR, Hepatitis B Vaccine, Varicella, Influenza (if ordered by an MD); and

Health Promotion & Education including Health Fairs, Health Education classes on, TTHC website with teen health information and links, and brochures and videos.

Hours of Operation are:

Monday through Friday

8:00 a.m. to 5:00 p.m.

Appointments are usually available within 1-2 days for preventive healthcare

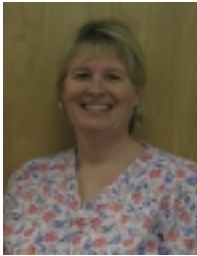


Clinicians and Staff



Anita Gribble, PA-C
Physician Assistant
Clinical Coordinator

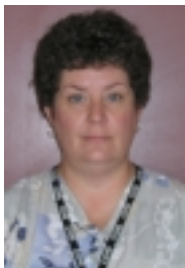
A Physician Assistant is available to provide preventive health services and physical examinations, treat illness and injury, and to provide health guidance and counseling. Prescriptions may be written when indicated. The Physician Assistant may also consult with a patient's private medical provider when necessary. P. Kenneth Bates, MD of Catawba provides Pediatric Associates, PA medical supervision Pediatric Associates, PA. The Physician Assistant also coordinates all clinical activities and programs that are delivered in the schools



Sally Deike, RN
Charge Nurse

Our Charge Nurse provides adolescent project coordination, assuring that records meet standards and that referrals and follow-up exams are completed. She also assists in the marketing of the program and oversees the coordination of the Totally Teens Health Center with other clinics within the Catawba County Health Department. She provides the immunizations and performs other nursing duties for our patients, including some telephone triage

(Carol Tonnesen, RN retired from this position May 2003.)



Rhonda Stikeleather, RN
School Nurse Supervisor

Catawba County Health Department School Nurses serve as our linkage to each of the middle and high schools in Catawba County throughout all three of our school systems. Often our school nurse will follow-up with teens on site at school in order to answer any additional questions from their visit, ensure that they were able to get their medications filled, and continue to manage chronic health concerns. Middle and High school students are encouraged to contact their school nurse when she is at their school with any concerns, just as if she were at our clinic

[Anne Thompson, RN retired from this position in February 2003]



Julie Sandine, LCSW
Catawba County Health Department

Our Mental Health Providers are available to provide a thorough assessment of emotional needs, provide crisis management and counseling services, as well as referrals to appropriate community services.

Rosemary McLean, MA, LPA
Counseling Services of
Catawba County



Julie Williams, RD
Registered Dietician

We have Nutritional Counselors on site to provide nutritional assessments and address problems such as being overweight, underweight, anemic, diabetic, insulin resistant, anorexic/bulimic, or having high cholesterol. Sports nutrition counseling is also available.



Elizabeth Hilliard, RD
Registered Dietician



Machel Edwards, MOA
Medical Office Assistant

Our Medical Office Assistant works closely with the Physician Assistant and nursing staff to coordinate teens' access to the clinic. This is who will most likely greet you as she performs much of the laboratory testing, patient flow and administrative duties, including follow-up. She provides some patient triage.



Pam Herman,
Management Support

Our Office Support Specialist assists the staff of Totally Teens with setting appointments, receiving patients who present to the clinic and by performing patient registration. She's usually whom you will talk to on the phone and the person who will greet you when you come into Totally Teens.



School Nurses



Front Row(L-R):

Faye Cook

Southwest
Longview
Banoak
Grandview Middle
ACT/Englemann

Lucy Heffelfinger

Sherrills Ford
Balls Creek
Mill Creek Middle
Tuttle Middle
Bandys HS

Sandy Wilson

Sweetwater
St. Stephens Elementary
Clyde Campbell
Arndt Middle
St. Stephens HS

Britt Abernathy

Lyle Creek
Oxford
Catawba Intermediate
Riverbend Middle
Bunker Hill HS

Back Row(L-R):

Becky Millsaps

Thornton
South Newton
Shuford
Newton Conover Middle
Newton Conover HS

Becky Tolbert

Claremont
Murray
Maiden Elementary
Maiden HS
Catawba Valley HS/SEED

Rhonda Stikeleather

Charge Nurse II

Donna Hall

Jenkins
Viewmont
Oakwood
Northview Middle
Hickory HS

New Nurse (TBA)

Blackburn
Mt. View
Startown
Jacobs Fork Middle & Foard HS



Jennifer McCracken, RN
Adolescent and Children
Services
Program Manager

Program Management

The Program Manager supervises all staff and clinic operations for the Adolescent and School Health programs. The Program Manager is the contact person for anyone wanting to partner with our school-linked health center. She manages the fiscal and reporting operations of the health center. The Program Manager works with the Director of Public Health, Barry Blick, MPH.

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P. Kenneth Bates, MD
Catawba Pediatrics Assoc., PA
Supervising Physician

A Pediatrician from our partnering agency provides the medical supervision for the adolescent health program (Totally Teens Health Center) as well as for the Physician Assistant. He is not located on site. His office at Catawba Pediatrics Associates, PA is 2.7 miles from the health center.

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ADVISORY BOARD MEMBERSHIP

Catawba County Health Department
Catawba County Department of Social Services
Council on Adolescents of Catawba County
Catawba Co. Parenting Network
Family Guidance Center
Rape Crisis Center
Newton-Conover Schools
Catawba County Board of Health
Local Manufacturing representatives

Catawba Pediatrics Associates, PA
Mental Health Services of Catawba County
Sipes Orchard Home
Catawba Valley Medical Center
Cooperative Extension
Hickory City Schools
Catawba County Schools
Hickory YMCA
Local Church representatives

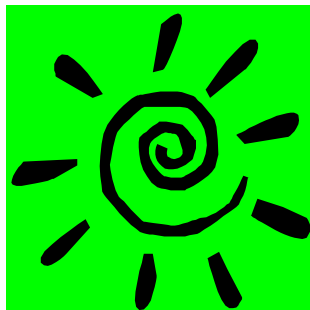
Utilization

Each visit to the Totally Teens Health Center and Totally Teens-CVHS is documented, both in the client's medical record as well as in the Catawba County Health Department's computerized data and billing management system.

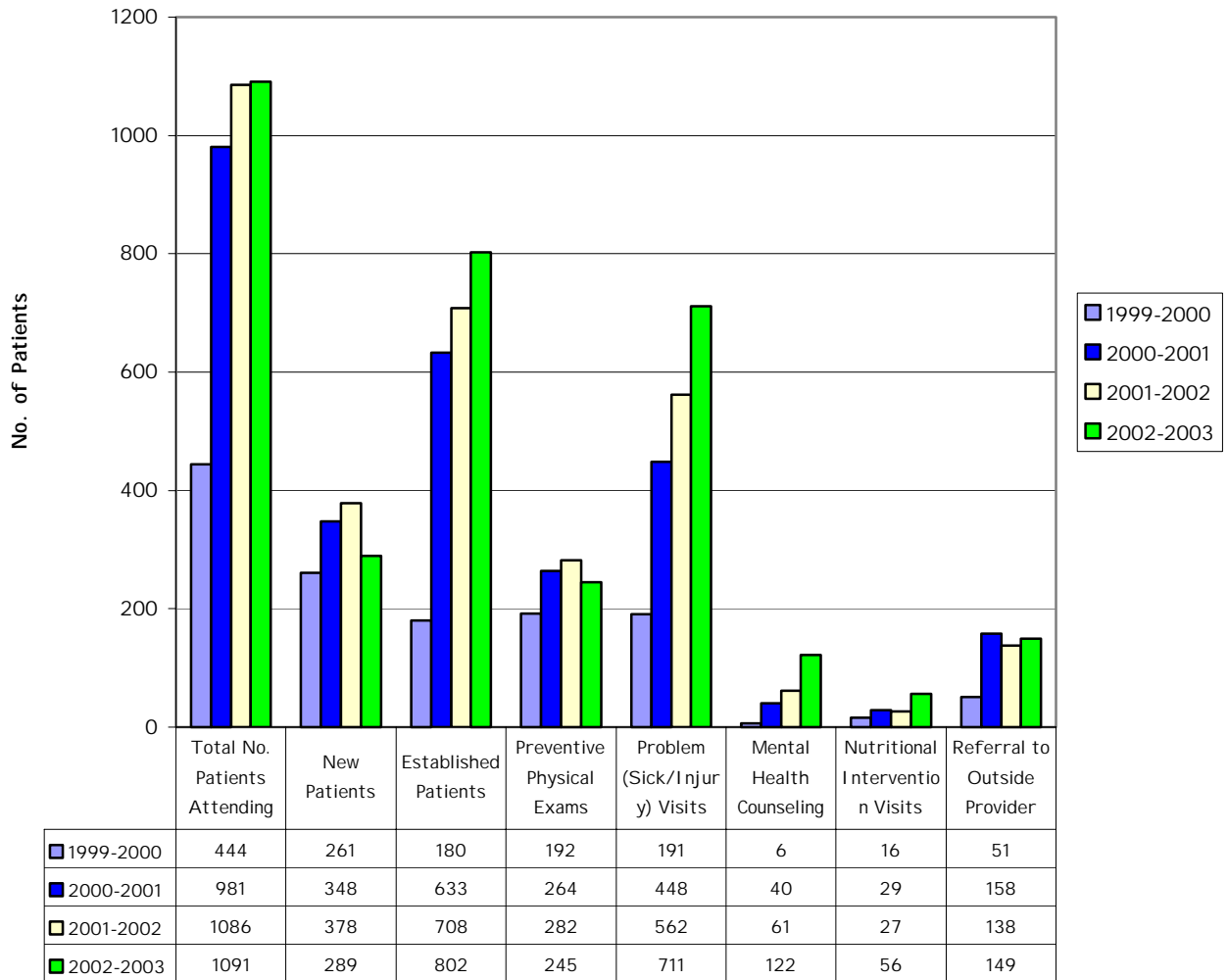
During the course of the year, up to four diagnoses were entered into the system. Looking at the cumulative data on diagnoses [ICD-9 (International Classification of Diseases-9th ed.)], the following are the top ten resulting diagnoses for the year 2002-2003.

Most Common Diagnoses 2002-2003

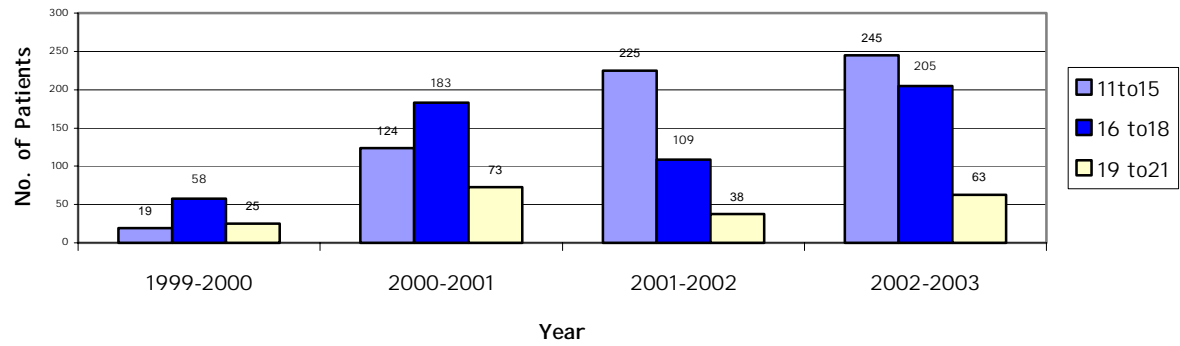
1. Complete physical exam (including sports participation exam)
2. Depression/Anxiety
3. Obesity or other nutritional concern
4. Upper Respiratory Infection/Allergies/Asthma
5. Acne
6. Abdominal Pain or other gastrointestinal complaint/problem
7. Urinary Tract Infection
8. Anxiety
9. Back Pain
10. Sore Throat



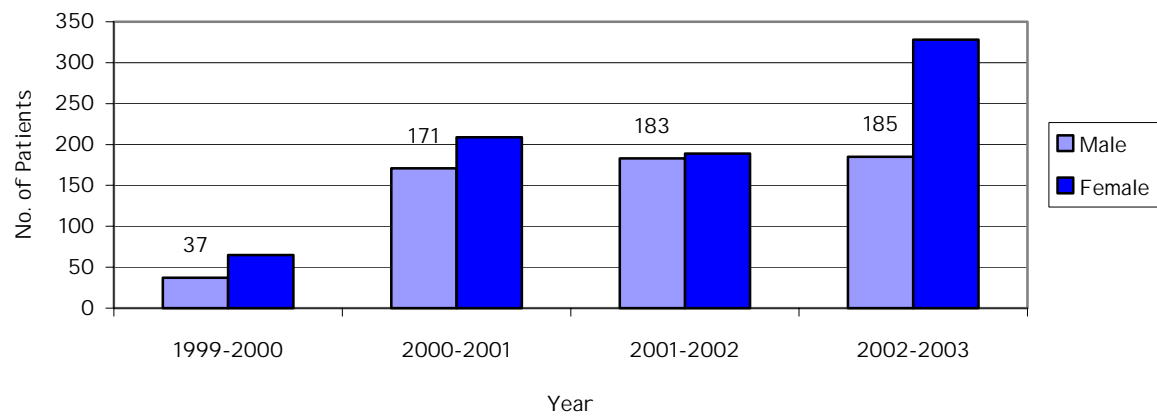
Service Utilization Totally Teens Health Center (1999-2003)



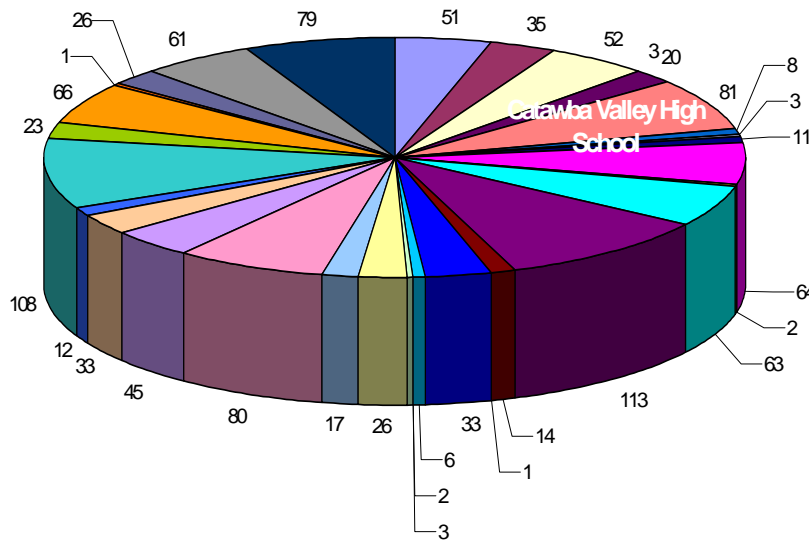
Utilization by Age (1999-2003)



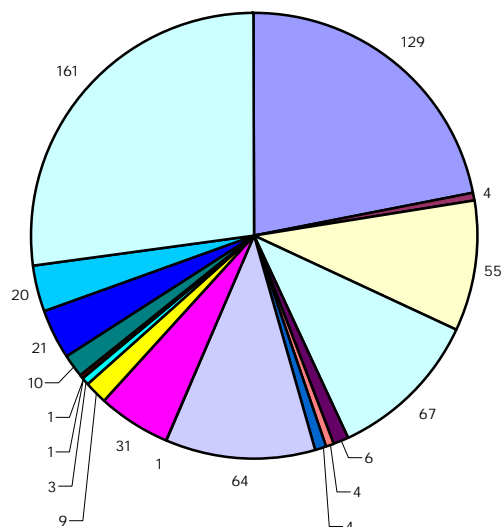
Utilization by Sex (1999-2003)



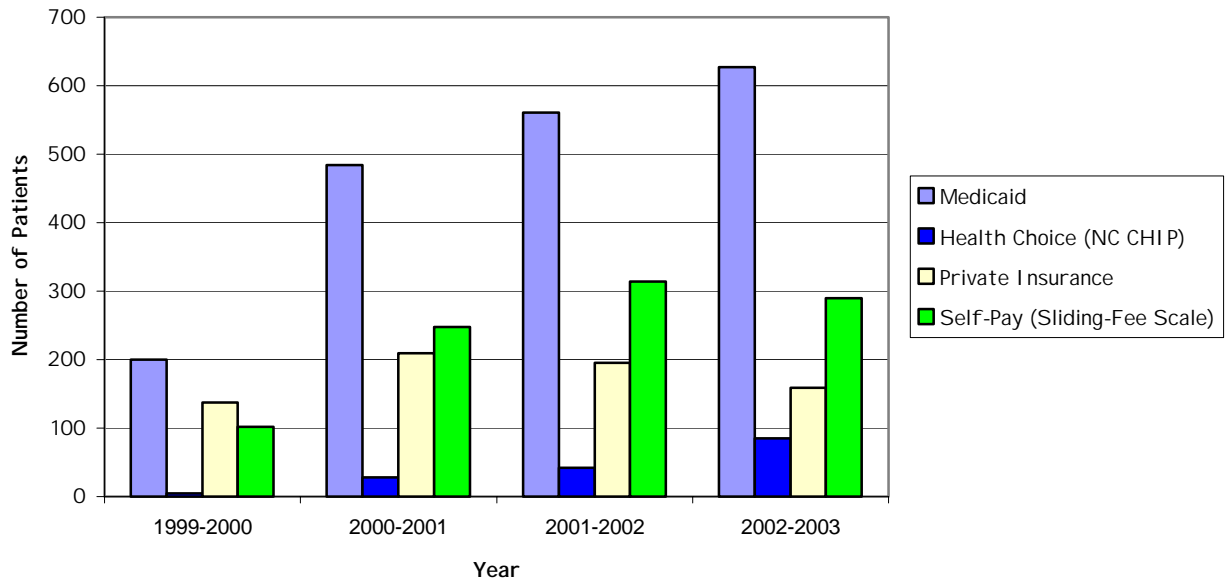
Registration by School 1999-2003
Totally Teens Health Center
(schools are arranged in clockwise order)



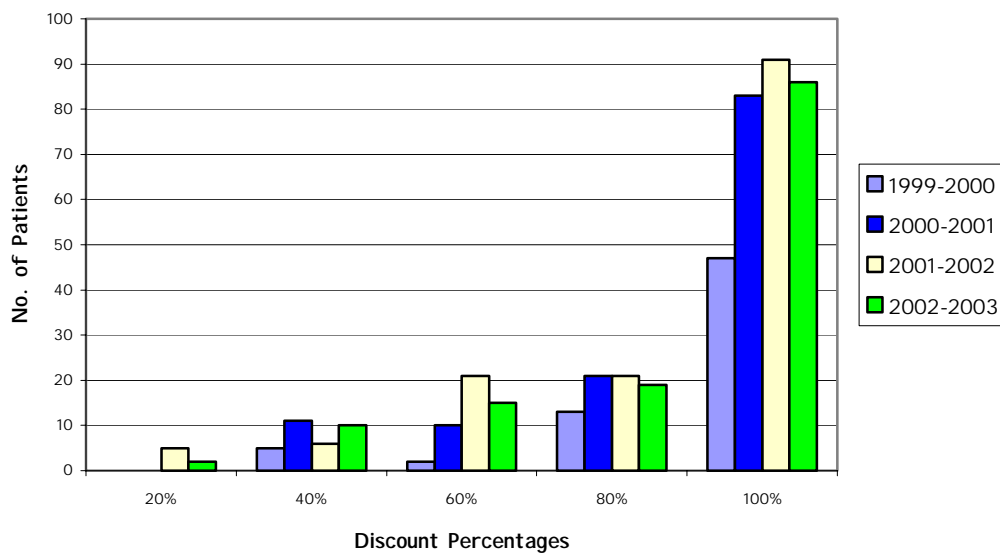
Sources of Referrals
To Totally Teens Health Center
(2001-2003)



Utilization by Pay Source (1999-2003)



Self Pay Discount (Sliding Fee Scale)



Center Sustainability

Funds from patient care reimbursement whether through private insurance, Health Choice (CHIP), Medicaid, or sliding scale fee-for-service have only recently contributed measurably to the center budgets. This limited support from patient care revenues has been due to several factors:

- Privately insured patients are likely to have policies with large deductibles and limited coverage for primary health care and mental health services. Catawba County Health Department is not currently affiliated with any managed care networks, and as a result, is often denied payment.
- While Child Health Insurance Plan (Health Choice) provides coverage for complete preventive health services for children 0 - 19, to date few of our patients are covered by Health Choice and we cannot report significant revenues from this private insurance. In addition, there was a statewide freeze on Health Choice enrollment of 10 months duration in 2001. This significantly affected the number of our self-pay clients whom we could refer to the program. Of additional note, we have been notified that the program will again freeze enrollment on September 1, 2002.
- Adolescents from low-income families are less likely than their younger counterparts to be Medicaid insured.
- Patient care revenue potential is limited in our self-pay clients, who while making up 29% of our client base, fall primarily into the 100% discount category by our income and family size guidelines (Sixty-six percent [66%] fall into the 100% discount category). Insured clients are offered self-pay discounts as well.

NOTE: Patients without insurance, Medicaid, or Health Choice are given a Health Choice Application form. Whether they ultimately complete the form (limited follow-up is done by our staff), meet the program qualifications, are legal citizens, and/or are updated to Health Choice as a funding source in our system are limiting factors to our use of this fund source.

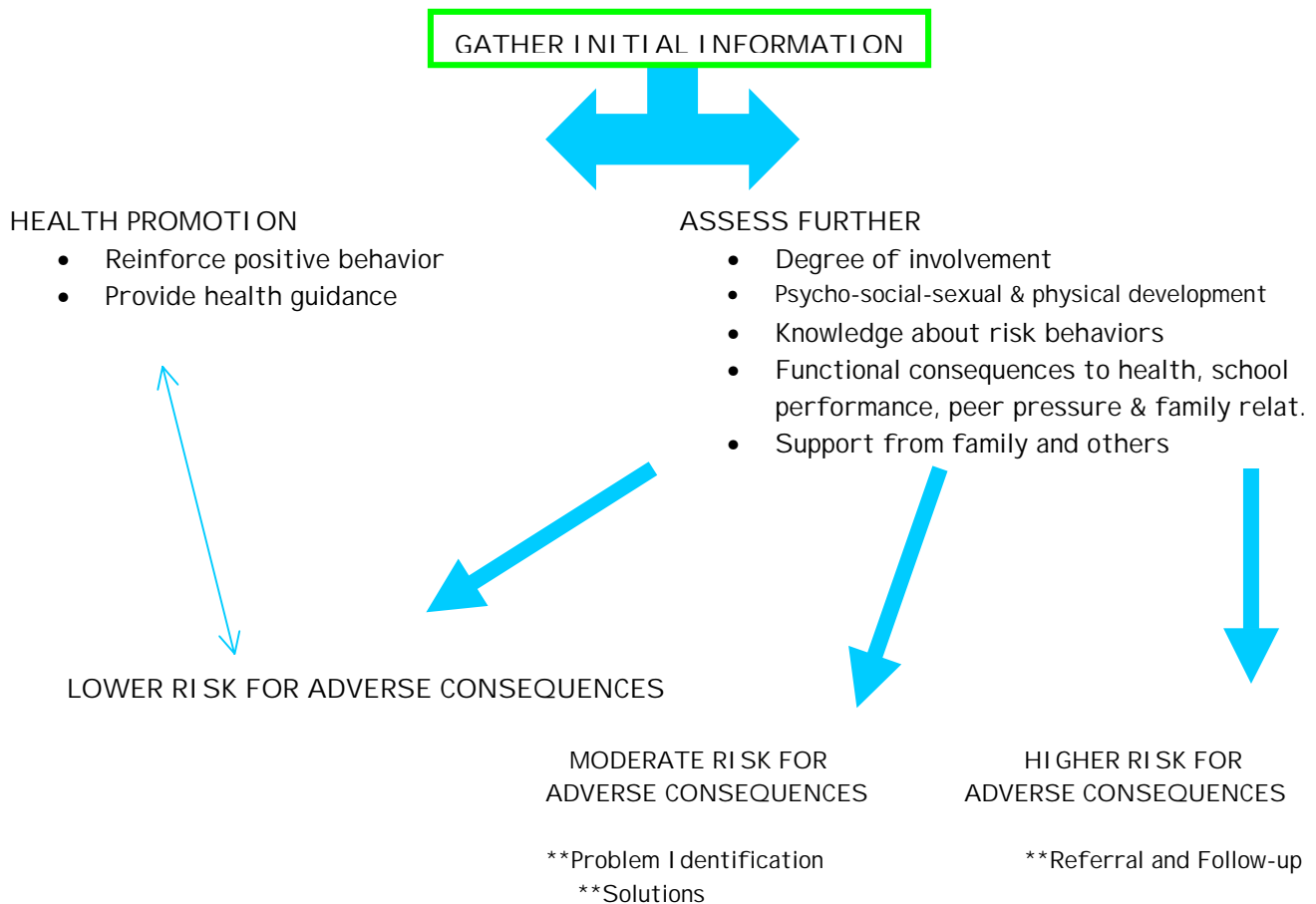
- Despite barriers to billing, Catawba County Health Department believes that patient care revenues are essential to funding our health centers.
- On a national level, the shift from a grants-based strategy towards a greater reliance on patient care revenues is complicated by a concern that a billing or service-focused financing strategy may threaten the unique set of services currently offered by the centers. School-based health centers were established to provide a comprehensive mix of medical and mental health care, health education and preventive services. Health center professionals provide clinical care, sponsor counseling groups, provide classroom education and work with parents, athletic staff and students to encourage a healthier school environment. Many of these activities are not billable, but most health centers believe these activities are among the most important things they do. To tie the work of the center to a traditional reimbursement system is to risk forcing the health center to alter its package of care from a multi-faceted social model to a medical model of care that de-emphasizes mental health and other less billable services. (**School-Based Health Centers - Financing** Issues in Financing School-Based Health Centers: A Guide for State Officials" September 1995.<http://www.healthinschools.org/sbhcs/papers/issues-financing.asp#1>)

Adolescent Health Risk Assessments

Guidelines for Adolescent Preventive Services (G.A.P.S.) is a set of comprehensive recommendations that are designed to help primary care providers deliver comprehensive clinical preventive services that address the current health problems of adolescents. The recommendations stress prevention and treatment of risk behaviors that are responsible for most adolescent morbidity and mortality as well as the traditional biomedical issues that affect this population. They are intended to be delivered as a package of preventive services and focus on health guidance, screening, and immunizations.

Annual visits are recommended to ensure that adolescents involved in health risk behaviors are identified and provided with office-based preventive interventions or are referred for more intensive services. To ensure that the information obtained during the preventive services visit is reliable, Totally Teens Health Center has developed an office policy that acknowledges the confidential nature of the provider-patient encounter and communicate this policy to the adolescent and the parent. Preventive services are individualized to take into account the specific cultural, developmental, and social characteristics of adolescent patients. Unique to G.A.P.S. is the recommendation that providers deliver anticipatory guidance to parents on a periodic basis. Although interim screening for physical symptoms is recommended annually, a complete physical examination is suggested at least three times between the ages of 11 and 21.

Our steps for preventive screening and health promotion include:



2002-2003 G.A.P.S

The following are responses to just a few of the questions asked on the G.A.P.S. Health Risk Assessment given to all clients presenting new to the health center and/or for their periodic/interperiodic complete physical exam during the time period of July 1, 2002 to June 30, 2003.

NUTRITION

- When asked if they were satisfied with their eating habits 33% said NO.
- In the past year, 11% of the teens seen at TTHC tried to lose weight or control their weight by vomiting, taking diet pills or laxatives, or by starving.
- Forty percent (40%) of teens filling out the GAPS risk assessment exercised or participated in a sport activity that made them sweat or breath hard for 20 minutes at least 3 or more times a week.

SCHOOL

- Twenty percent (20%) of our patients felt their grades were worse this year than last year.
- Seventeen percent (17%) had been suspended from school this year.

FRIENDS AND FAMILY

- When asked if they felt that their parent/guardian usually listened to them and took their feelings seriously, 80% of teens felt that this was happening.
- In the past year, 11% had carried a gun, knife, club, or other weapon for protection.
- Twenty percent (20%) have been in trouble with the law.
- Thirteen percent (13%) report having been in a physical fight within the past 3 months.

TOBACCO, ALCOHOL, DRUGS

- Twenty-six percent (26%) of the teens completing the G.A.P.S. smoke cigarettes/cigars, use snuff or chew tobacco.
- Eleven percent (11%) got drunk or very high on beer, wine, wine coolers, or other alcohol.
- Twelve percent (12%) used alcohol and operated a motor vehicle or motorcycle, gotten into a fight, or did something they later regretted.
- Six percent (6%) report being criticized or getting in trouble because of drinking.
- When asked about if they were worried about how much someone in their family drank or used drugs, 15% answered YES.
- Sixteen percent (8)
- Thirteen percent (13%) admit to using marijuana, other drugs or inhalants.
- Teens completing GAPS report that 33% of their friends use marijuana or other drugs/inhalants.

DEVELOPMENT

- Seventy-five percent (75%) of the teens completing GAPS are satisfied with their body size or shape (physical appearance)
- Sixty-two percent (62%) of our patients report never having had sexual intercourse (38% report they have had sex at least once). Age at 1st sexual encounter ranged from 11 to more than 17 years of age with the most prevalent age being 15-16. Most patients report having 1-2 partners; however, of concern are the patients (14% of those answering the question) who report having had greater than 10 partners.
- Thirty-four percent (34%) of patients who are sexually active are using birth control and 39% are using condoms at every sexual encounter.
- Our patients report that 50% of their close friends have had sexual intercourse.
- Eight percent (8%) of the teens completing the GAPS questionnaire report having had a STD diagnosis.

EMOTIONS

- Thirty-two percent (32%) of teens completing GAPS report feelings of sadness (or having nothing to look forward to) in the two weeks prior to filling out questionnaire.
- Sixteen percent (16%) report that they have seriously considered killing themselves, made a plan or actually tried to kill themselves. [A positive answer on this question is always explored].

SPECIAL CIRCUMSTANCES

- Seven percent (7%) of our teens have stayed overnight in a homeless shelter, jail, or detention center.
- Fourteen percent (14%) have run away and 16% have lived in foster care or a group home facility.

Adolescent Health Marketing and Accomplishments 2002-2003

★ Totally Teens Health Center Marketing is off and running!

- ★ Totally Teens Health Center Video—distributed to many of the schools and run on the county info channel
- ★ Lunchtime health information tables set up at area middle and high schools to introduce students to their new school nurses and promote TTHC
- ★ Continued utilization of the TTHC logo on posters, brochures, banners, and flyers as well as give-aways

★ Totally Teens Health Center WEB SITE is continually updated to make it more Teen-Friendly and comprehensive of the services of our adolescent health program.

- ★ Updated links to health information for teens, parents, and professionals
- ★ Electronic-Nurse for teens to contact if they have questions or concerns
- ★ Listing of upcoming events for youth-serving organizations in Catawba County
- ★ Access to information about Totally Teens Health Center, including hours of operation and the Parental Consent Form
- ★ Virtual clinic tour available on the website

★ Partnerships with other organizations continue.

- ★ Partner with the DSS Teen Up program to provide nutrition programs
- ★ Co-sponsor monthly lunch 'n learn programs and a youth summit with the Council on Adolescents
- ★ Mental Health Clinical Supervision via partnership with Catawba County DSS
- ★ Partnership with Catawba Valley Medical Center and their Valley Hills Mall health enhancement program
- ★ Participate in numerous community health fairs to promote TTHC services including Goody's Annual Back to School event and Valley Hills Mall's annual Back to School event for teens

★ Service Delivery

- ★ Sixty-three health education programs were delivered during 2002-2003.
- ★ More than 16,977 adolescents and parents were impacted by health education programs delivered at a school or community site.
- ★ Mental Health services were made more readily available to the Totally Teens Health Center program and patients by utilization of a Health Department-based Licensed Clinical Social Worker (LCSW) who is often available to meet with clients at presentation to the health center or briefly for introductory purposes. This has allowed us to see a greater compliance rate in MH counseling visits.
- ★ An anticipatory guidance video (to be used during preventive health visits) has been developed and produced by center staff and community partners.
- ★ A Referral Appreciation program has been put in place to stimulate new patient referrals.
- ★ Totally Teens Health Center is promoted during the annual 2nd grade tours by sending home information to potential teen siblings
- ★ "Marketing Your School-Based/School-Linked Health Center" was presented at the National Association of School Based Health Centers conference in Reston, VA, by center staff in June 2003.

★ Major Center Accomplishments

- ★ The Totally Teens Health Center completed the Making the Grade (MTG) in North Carolina School-Linked Health Center Credentialing process in 2002-2003. We are awaiting further evaluation on three aspects of health center operations but, upon completion of that evaluation process, expect to become the fourteenth Credentialed School-Based/School-Linked Health Center in North Carolina. Being credentialed helps assess a SB/SLHC's compliance with laws, regulations, and program expectations as defined in a set of standards developed by the MTG North Carolina program. Through credentialing, areas of excellence and deficiency are identified and technical assistance may be delivered. When centers become credentialed, they are eligible for state continuation funding.
- ★ The Totally Teens Health Center became a Carolina Access Medicaid provider.

★ Awards and Grants

- ★ The Totally Teens Health Center was a recipient of a 2001-2002 Glaxo SmithKline Child Health Recognition Award.
- ★ The Totally Teens Health Center CAHCP has received \$30,000 in continuation funding from the *NC Making the Grade* (NC DHHS MCH Division)

Each marketing strategy is aimed to increase the number of referrals and patients at the Totally Teens Health Center as well as educate the community about the importance and benefits of adolescent preventive care. This intense marketing campaign continues to strengthen the already solid partnership with all three school systems in Catawba County and other community partners.



School Nursing Services

Totally Teens Health Center (TTHC) works in conjunction with the School Nursing program in order to provide follow-up, referral and marketing for Totally Teens. School nurses secure TTHC's linkage to the middle and high schools. The school health program at Catawba County Health Department aims to help students in being as healthy as they can so they can reach their learning potential. The school nurse works toward this goal through:

- Direct Services
- Consulting with school faculty, parents, and students
- Education and counseling on health issues
- Promotion of a healthy environment

The school nurses at the health department serve all of the public schools in Catawba County. The school nurse is busy all year round promoting the health of students.

School Nurse Responsibilities include:

- Providing regular visits and on-call services to schools.
- Participation in the health assessment of students in order to identify health care needs.
- Initiate referrals and follow-up for children with specific or suspected health problems, through services such as:
 - Student sessions
 - Teacher conferences
 - Parent-nurse conferences
 - Community agency contacts
 - Conferences with student's medical provider
- Coordinate and participate in screenings for: vision, dental, and lice.
- Coordinate health services in schools for students with special needs and/or chronic disease, such as diabetes, asthma, seizures, spina bifida, allergies, etc.
- Assuring immunizations are complete by reviewing immunization records and consulting with faculty and parents.
- Communicable disease prevention and control.
- Assist students and families in accessing community resources and services.
- Implement the Hepatitis B vaccination program for 6th graders, offered in elementary and middle schools.

The school nurse follows up on Totally Teens Health Center patients when needed, often eliminating the need for these students to leave school to come to the health center.

School-Based Health Center

Our school-based health center at Catawba Valley High School (CVHS) was started and sustained with DHHS (Comprehensive Adolescent Health Care Project) grant dollars as well as in-kind contributions from Hickory City Schools and Catawba County Department of Social Services until 2000. Since that grant funding expired, Hickory City Schools has provided \$10,000 per year funding for the provision of comprehensive health services one day per week on site at CVHS. The Department of Social Services continues to provide the social work position in association with the Hickory Public Schools at CVHS.

2002-2003 Statistics for Catawba Valley High School:

- Ninety-two percent (92%) of students enrolled at CVHS were enrolled in the school-based health center
- 227 Students were seen in the health clinic for health related issues
- 281 students were seen by the social worker for individual guidance and 32 groups were held

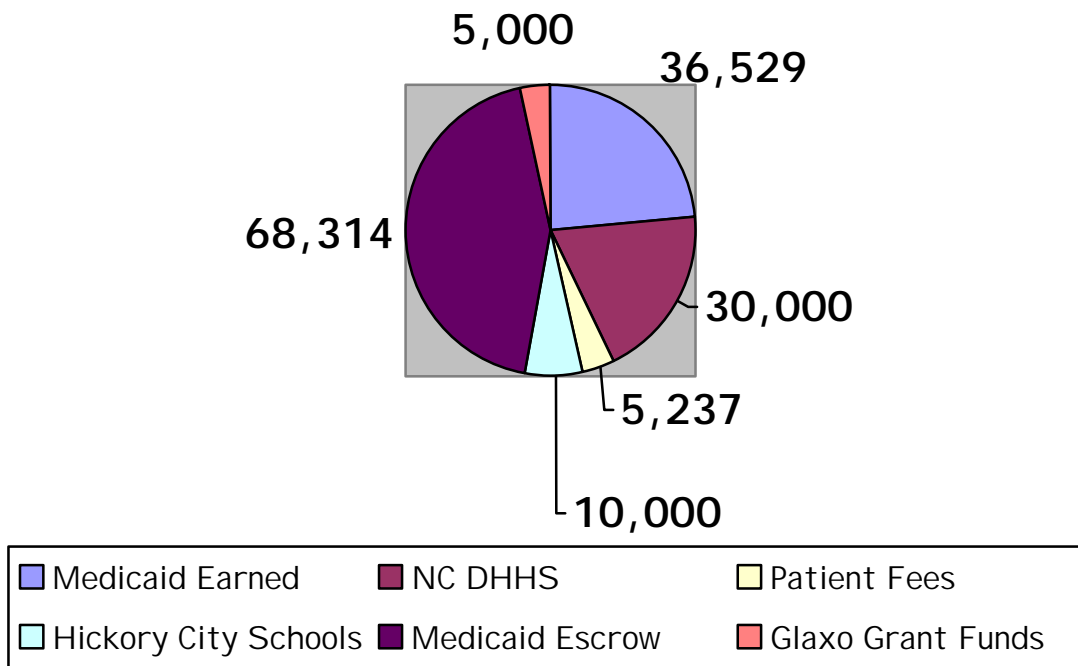
From GAPS:

- A large number, 68%, report NOT usually eating 5 servings of fruits and vegetables a day.
- Only 37% are exercising or participating in a sports-related activity 20 minutes, three times a week.
- Seventy-one percent (71%) report being suspended during the school year.
- Most of the teens at CVHS, 92%, report having at least one friend and someone they can talk to.
- Thirty-two percent (32%) report having carried a gun, knife, or other weapon for protection.
- Forty-four percent (44%) report having been in a physical fight within the last 3 months.
- Sixty-three percent (63%) have been in trouble with the law.
- When asked about tobacco use, 60% report being a smoker (86% of their friends are smokers).
- Twenty-seven percent (27%) have gotten drunk in the last month (48% of their friends have, by report)
- Regarding marijuana use, 43% report using marijuana or other drugs and 71% report that their friends use.
- Sixty-seven percent (67%) report having sex and 78% say that their friends are sexually active.
- The majority of the students who report being sexually active say that their first sexual encounter occurred at age 14 or 12 (48% and 23% respectively); Most report only 1-3 partners.
- Only 23% percent report using birth control, yet 72% report using condoms at every sexual encounter.
- Thirty-seven percent (37%) report being UNHAPPY with the things are going for them
- Eleven percent 11% have lived in a foster care or group home.

Funding

Totally Teens Health Center was started with and continues to be sustained with Medicaid Maximization Escrow Money. Since 2000 we have received NC DHHS (Making the Grade) grant dollars. The first funding period consisted of a \$60,000/year (2.5 year) Expansion grant. In 2002 and 2003 we were awarded a renewable \$30,000/year Continuation grant. Hickory City Schools provides \$10,000 per year funding for the provision of comprehensive health services one day per week on site at CVHS.

**Totally Teens Health Center Revenue
2002-2003**



Where Are We Now And Where Do We Hope To Be?

A work group for the Catawba County Adolescent Health Partnership began planning the Totally Teens Health Center during the spring and summer of 1999. Services were designed for and placed into three phases:

Phase I was Inception to Year 3, Phase II places us as a Site of Adolescent Care in Catawba County, and Phase III envisions the Totally Teens Health Center and the Catawba County Adolescent Health Partnership as the Center of Adolescent Care in Catawba County. (Phases are intended to carry over and new services are indicated by phase).

PHASE I (7/1/99 - 6/30/02)

Transportation:

- Provided by parent/client
- Piedmont Wagon
- DSS / School RN / Counselors

When:

- Year Around
- 5 days/ week 8:00 am - 5:00
- Look into feasibility of after-hours care after 7:00

Population:

- Multicultural ♂♀
- 11-20 year old
- Uninsured, Medicaid
- Currently estab. Child Health
- Privately insured by request,

Services:

- Transportation-prn (as needed)
- Preventive
- Primary Care
- Laboratory
- Mental Health
 - Develop documentation of MH needs leading to part-time position in year 2
 - Referral to A&D and/or counseling services
- Social Work
 - LCSW offers assessments & linkage to DSS
- Advocacy—Council on Adolescents
- Health Education
 - Individual / classroom /
 - Promotions / marketing
- Nutrition
 - Intensive concerns referred
- Dental Services
 - Referral to HD or outside DDS
- Outreach Services
 - CVHS and other out-based care 2/00

Staff:

- RN-full time (child./ adol. Health)
- Mgmt Support (CH/IMM/AHP)
- C.N.A/MOA- full time
- Midlevel - full time
- School Nurses

- Health Education

PHASE II (7/1/02 - 6/30/04)

Transportation:

- ?? mobile unit/services
- AOW (Adol. Outreach Worker)
- ?? Passenger Van

When:

- Occasional weekends, prn

Population:

- Same

Services:

- Transportation
- Mental Health
 - Counseling teen/family
 - A&D by referral, still
- Social Worker
- Advisory Group
- Nutrition-by contracted hours
- Health Education
 - Individual
 - Classroom
 - Events/promotions
 - Specially focused support svcs
- Outreach Services
 - SB/SL Services
 - ?? Mobile Unit
- Lifestyle Education
 - Parenting
 - Strengthening

Staff:

- Contracted RD
- Contracted MH
- Social Worker / LCSW

Location:

- HD, East & West SB/SL sites

- Community Sites

PHASE III (7/1/04 - 6/30/07)

Teen Hotline:

- ▽ Bilingual

When:

- ▽ 5-6 days/week
- ▽ weekend (flexible)

Other Factors:

- ▽ TEEN-UP Worker
- ▽ Advisory Group
- ▽ Funding
 - ▽ 501c3 status
 - ▽ Grant options

Services:

- ▽ Mental Health
 - ▽ A&D counselor
 - ▽ Support Groups
 - ▽ Drop Out Prevention
- ▽ Nutrition
 - ▽ Part time RD
- ▽ Dental Services
 - ▽ DDS Vs Hygienist
- ▽ Lifestyle
 - ▽ Exercise classes
 - ▽ Independent living skills
 - ▽ Parenting

Staff:

- ▽ DDS or Hygienist
- ▽ Drug Counselor
- ▽ Full time Mental Health
- ▽ Part time RD
- ▽ Volunteer Coordinator
- ▽ Volunteers
- ▽ Grant-writer (? Contracted)

Acknowledgements

Totally Teens Health Center would like to thank,

**The Catawba County Board of Health
Catawba Pediatrics Associates, P.A.
Catawba County Adolescent Health Partnership Advisory Board
Catawba County Public Health Department Clinics and Staff
Catawba County Department of Social Services
Mental Health Services of Catawba County
Catawba County Government
Hickory City Schools
Catawba County Schools
Newton-Conover Schools
Catawba County Council on Adolescents
Catawba Valley High School Faculty and Staff
Catawba Valley Medical Center
NC DHHS and Making the Grade of North Carolina
Glaxo SmithKline
NC Health and Wellness Trust Fund (Tobacco Grant)
The KIN Fund**

...and many others who have worked closely with us throughout this last year!

Special Thanks to the DSS Transportation Aides, School Nurses, Social Workers, Guidance Counselors and friends who got those kids to us when parents could not!

Thank you to all of our supporters!

Without you, the word and the work of our Health Center just could not get out there!



